

**Having trouble in controlling how much you eat?**

**Want to have a healthy eating habits?**

**You're invited to join us in...**

## **JOURNEY TO A HEALTHIER ME!**

**“Be Mindful, Be Healthy, Be Happy”**

**New ways in having a healthier life!**

**The first ever MINDFULNESS-BASED program in UNIMAS!**

**Date : 18 & 19 April 2015**

**Time: 8.00am - 4.30pm**

**Venue: Counseling Lab, FSKPM**

**What can you gain from this program?**

- Learn basic mindfulness techniques
- Learn to be aware of what you are eating
- Learn to control your eating habits

**WHAT IS MINDFULNESS?**

**“Mindfulness means paying attention in a particular way; On purpose, in the present moment, and nonjudgmentally.”  
(Jon Kabat-Zinn)**

**Fee: RM 2 ONLY!  
Register Now Until 14<sup>th</sup> April 2015!**

**For any inquiry or registration,  
Call/WhatsApp/Message:  
Shaira – 0198317849  
Nisha – 0172400941**

**SPECIAL!**

**OPEN FOR  
WOMEN  
ONLY!**

**FOODS  
PROVIDED!**